

Sample Lesson Plan For a 45 min. Kumite class: Focus on Point System

Time	Activity
:00-:10	<p>Warm-up/joint lubrication/Stretching. A good rule of thumb for warming up is to perform activities such Jumping Jacks, Half-Squats, Jump Rope, movement drills, mirror drills or Shadow Kickboxing, until a sweat is broken. This is a signal that the body temperature therefore the muscular temperature has risen enough to go onto the Standard Seido Warm-up (SSWU). Studies show that dynamic stretching is far more effective in preparation for dynamic activity than doing static, yoga-type stretches. The SSWU is essentially a series of joint lubrications starting with the feet and moving up the body. A couple of stretches (modified hurdler's stretches and forward leaning splits) are included in the SSWU. These should be practiced with very light bouncing to include the dynamic stretch element. Best Dynamic stretching practice prior to dynamic activity is to have the students swing their limbs through ever-increasing ranges at ever-increasing intensity. For example, 12 mae keages, starting slow and ending with more force, is a perfect dynamic stretching activity for the hamstrings prior to the start of kumite.</p>
:10-:11	<p>Lining up. Go according to seniority. The first sorting can be done using the 50/50 principle, half the class (senior students facing least senior students) on either side of the floor. If the class is very large lines of three may be formed with two students practicing and the third student monitoring the drill. Students rotate until everyone has faced each other. When finished the senior line stays, line 2 rotates to the right and line 3 rotates to the left.</p>
:11-:14	<p>Introduction & Explanation of Drill #1-The skill should be explained briefly first. The language should be simple and to the point. The voice should be kept at a conversational level and directed at each student. Where the skill is in two or more parts, the parts should be explained as a whole, and then broken down with each part analyzed.</p> <p>Demonstration-Demonstration of the skill should be given by an instructor or by advanced students as slow and as perfect as possible. This can be given with the explanation if the teacher so desires. Each part of the skill should be gone over separately with explanation of the contribution of the parts to the whole. Safety should be pointed out here, with points being made as to where problems might arise and how to correct them.</p> <p>Spill-over from demonstration time-One or more students may have questions about a drill. Allow for brief clarifications. Avoid over-explaining.</p>
:14-:17	<p>Practice of Drill#1-The teacher should make sure the class is performing the new skill slowly, safely, and correctly before they're allowed to go at a faster pace. The teacher and/or assistant instructors should be there to help them the first few times through. Analysis of the skill should be made from time to time, to eliminate imperfection and incorrect learning. A student should never be referred to as BEING WRONG in any skill or part of any skill, but rather, that he/she could improve the skill, by implementing small changes in his/her procedure. Students will then have a chance to practice with corrections implemented. Work on a specific skill should continue until most of the students can perform without trouble. The teacher should lend as much support or encouragement as possible. It may be necessary, for the sake of success, to alter or vary the skill to fit the student's learning power as a temporary measure. Positive reinforcement should be given as often as possible to motivate an eagerness of learning by students. Students may rotate partners every 20-30secs.</p>
:17-:23	<p>Drill #2: Intro&Explan/Demo./Practice</p>
:23-:29	<p>Drill #3: Intro&Explan/Demo./Practice</p>

DRILLS TO: SKILLS NOT COVERED (BOTH SIDES WORK)

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:29-:40	Point Fighting -Rounds may be as brief as 10 seconds or as long as 30secs. You would again have the “junior” line rotate so that members of the class have the opportunity to experience as many different partners as possible.
	You may instruct the students use the honor system to stop their individual bouts each time a point is clearly scored and then re-set before continuing to the next point. If there are three students per grouping then one can serve as a referee and call points.
	If your intention is to prepare your students for an upcoming tournament, then you should use the rules and regulations of the tournament to guide your instructions.
	If your intention is to train cardiovascular endurance through sparring, then decide what type of cardio you’re interested in. Intense bouts lasting between 1—20 seconds with 20 second rest periods will train the anaerobic energy system. 1-180 seconds of less sporadically intense activity with 20-60 second rest periods will train the anaerobic and aerobic energy systems. Both aerobic and anaerobic fitness are needed. During these Rounds you may have the students practice Tanshiki Kumite , specifying what each opponent may due during the round.
	Jiyu Kumite (Free Fighting)-Tournament conditions -During this phase of the class have the students form a circle within which bouts under your direct supervision will take place. With you acting as judge, you select two students to come into the circle for a match. Students in the circle may act as side judges. Etiquette remains very important. Students bow to the head judge and then to each other before and after each match. In a large class with assistants or experienced high ranking seniors, you may also form rings with groups of seven contestants*. The ring will have four corner judges, two contestants and one head judge. The winner of the match may stay in for a maximum of three contests and must then rotate to a judging position. Continue until everyone has gotten a chance to spar with each other. * Make sure to group rings according to ability level.
:40-:41	Cool down: Now, with the completion of high intensity exercise, is the perfect time to have the students do static stretches such as those done in yoga class. Have your students remove their fighting gear before beginning the stretches.
:41-:42	You may formally conduct the stretching session, leading the class from one stretch to the next, or give the instruction for the students to do whatever floor stretch they feel is appropriate for them for the allotted time.
:42-:43	Stretching at the end of class is an effective way of “grounding” the class after high intensity training. The cool down stretch allows the breathing to come back under more conscious control. If you conduct a formal stretching sequence, keeping the pace slow but steady has the added benefit of allowing the muscles to process some of the lactic acid that intense activity produces. Absorption of the lactic acid may help reduce muscle soreness or stiffness in the day or days following the kumite class.
:44-:45	You may also utilize this time to evaluate the performance of the class accentuating the positive things you observed, while also giving ways to correct common errors. Avoid pointing out individual students when making corrections. It’s better to give general tips aimed at everyone. After class you may talk privately with individuals to offer specific corrections.
	Stretching at the end of class is also an effective transition from the elevated mood that arises during sparring to a more cooperative, connected mood that your students can then bring into the rest of their day or evening.
	Line up and bow out: After finishing the stretches, line up, sit in seiza, mokuso, yame and finish as usual.

Drills for Point Fighting

Kumite drills should be introduced prior to green belt level whenever possible. These drills are a prerequisite to kumite and will aid the students in transitioning smoothly into a kumite class. As well as being part of kumite class, the drills may be included in a General, Endurance, or Kumite strategy classes.

In order for drills to have a high “carryover effect” to actual fighting, the drills should mimic actual fighting conditions as much as possible.

Section A) Stance and Posture Drills- The instructor will introduce the most common modified stances used in point fighting. The students will practice these in a mirror or where no mirror is available, in front of a partner whom gives feedback on stance correctness. Students will be familiar with the strengths and weaknesses of each posture. Students will practice defensive and offensive techniques from these postures.

Most common Stances used in Point Fighting: **MIX UP COMB**

- *Kokutsu dachi* – Is more of a defensive stance which allows for quick front leg kicks; also allows for smooth transition into lead and reverse hand techniques.
- *Han Kiba Dachi*-Is a blend of a defensive and offensive stance in which the lead arm defends and attacks. The lead leg is used to throw quick kicks. The lead arm is used for quick initiation of attack. This stance provides a “closed” midline and tight defense.
- *Re Dachi*- Is a stance with 50/50 weight distribution. This is a neutral stance which can be used to quickly move to any other position.
- *Suriashi dachi*-Is more of an offensive stance with most of the weight on the front foot, the back heel is up and back knee is bent. Allows for quick blitzing hand attacks and back leg techniques. Because most of your weight is forward it is a weaker defensive position.

-The drills used with the above stances are: 1) Defensive movements against common attacks.
2) Offensive moves from each particular stance.

-For specific exercises refer to the drills in section E).

Tip- A student should not be “locked” into a particular stance. Stances are dynamic and ever changing in response to your intentions and your opponents’ actions.

) *Eight Direction Angular Movement Drill* (Refer to “Karate-Technique and Spirit” Chapt.11, pgs. 154-55.) Have the students assume a particular stance. On the count or for a predetermined amount of time, students will practice shifting their bodies to the eight different angles utilizing sabaki movement. *Sabaki*- Sabaki movement is the use of the entire body from the balls of the feet to the head. Sabaki emphasizes the use of the legs, hips, trunk, shoulders, and head. The midline should be protected immediately upon the start of each movement. Students are to use their imagination in this drill and move in response to particular techniques coming at them. You may add counters to this drill once you’re satisfied with the initial drill.

Variations:

- a) Hand techniques /Defense- Have the student's pair off. The offensive side will throw a particular and technique. The defender will utilize *sabaki* to avoid the technique while also putting themselves in an offensive counter position.
- b) Hand techniques/with counter attack- Same as drill 1a), but defender is permitted to throw back one or two counter techniques.
- c) Leg techniques/Defense- Same as 1a), but offense attacks with kicks.
- d) Leg techniques/with counter attack- Same as 1b).

Section B) Footwork and Movement Drills-(Refer to "Karate Kyohon" Chapt.4, pgs. 126-29.)

- 1) Types of Footwork (Ashi-sabaki): Drills for footwork will follow the same procedure as those drills done with stances and postures. The students will first practice the footwork. Later, when the footwork is satisfactory, they may add defensive and offensive techniques to make the drills more realistic.

Use the exercises below in conjunction with drills from *Section E*).

- *Okuri* -Front foot moves first and back foot follows. Variations- a) *Lunge* with front foot. b) *Hop* off back foot while lifting front knee. c) Move in eight directions
- *Kosa*-switch feet quickly..
- *Fumikomi-ashi* - step forward with back foot or step back with the front foot. Variations-a) *Dash* forward with back foot. b) *Skip* forward by lifting the back knee up and bringing it forward, while hopping off of the lead foot.
- *Yoko Kosa*-side step left or right. Variation- Add circular motion after initial step. Ex. Front foot (Left foot) moves to left, Back foot (Right foot) moves next, but with a circular motion behind the left foot.

Tip- Practice combinations of the above movements. (Ex. *Okuri* followed by *Yoko Kosa* / *Kosa* followed *Fumikomi-ashi* variation b).

When moving, stay relaxed with knees bent and weight on the balls of the feet.

Section C) Ma-ai- (Distance from opponent) - "How to control the Gap"

Use the exercises below in conjunction with drills from *Section E*).

1) Ways to "Freeze" your opponent-How to make your opponent hesitate, defend, or flinch.

- Head and shoulder feints
- Hand and kick fakes
- Stutter and jab steps

2) "Ways to "Bridge the Gap"

- Hop in while pumping the lead leg and come down with a blitzing hand attack or rear leg kick.
- Lunge in with lead hand to put opponent on their heels.
- Attack when you find rhythmic patterns of motion in your opponent. If opponent is moving to a cadence, then attack within that cadence.
- Skip kick, slide kick, Kosa kicks, tobi kicks (lift lead knee jump and switch to back leg kick), to close distance.

3) Ways to "Keep Opponent at Bay"

- Constant motion and footwork- Keeps your opponent from setting up a strong attack
- Defensive linear kicks- Ex. Throw a lead leg side kick upon opponents advance
- Shifting hips back to make opponent miss
- Step away with rear foot only. This leaves you in range to quickly counter.
- Step off to angles. This forces opponent to reset in order to attack again.

D) Timing Drills-

Use the exercises below in conjunction with drills from *Section E*).

- Attack just as opponent starts to retract a technique and just before they throw their next one.
- Attack after your feint causes confusion or a reaction from opponent.
- Attack as you read opponents offensive initiative, beating opponent to the punch or kick.
- Attack as you simultaneously stuff/block opponents attack.
- Attack after block unbalances opponent
- Attack as opponent misses because of your angular or side evasion.

Tip- a) the timing of your defense or offense has to be in rhythm with your opponent's movements.

b) Always try to throw more than one technique. Continue your attack until the referee calls a halt to the action.

c) Always try to finish your combination in an advantageous defensive position that does not allow your opponent an easy counter attack.

E) Drills Section-

<i>One Step Hand Drills</i>
Drill#1- Lead hand Kizami Tsuki
Drill#2- Lead hand Uraken
Drill#3 -Lead hand Haito
Drill#4- Rear hand Gyaku Tsuki
Drill#5- Rear hand Uraken
Drill#6- Rear hand Haito
Drill#7- Rear hand Shita Tsuki

<i>Two Step Hand Drills</i>
Drill#1- Lead hand Kizami Tsuki, rear hand Gyaku tsuki
Drill#2- Lead hand Kizami Tsuki, rear hand Uraken
Drill#3- Lead hand Kizami Tsuki, rear hand Haito
Drill#4- Lead hand Kizami Tsuki, rear hand Shita Tsuki
Drill#5-#8- Use Uraken as lead hand, and then substitute #1-#4 for rear hand.
Drill#9-#12- Use Haito as lead hand, and then substitute #1-#4 for rear hand.
Drill#13-#24- Rear hand attacks first, followed by lead hand.

Variations for One and Two Step Hand Drills-

- a) Feint with the lead hand then throw back hand
- b) Feint with the back hand then throw the lead hand
- c) Feint lead leg or back leg kick then perform above hand techniques.
- d) All of the Drills listed may be expanded by utilizing the footwork. from *section B*).
Ex. Perform each drill after *Kosa* step.

Three Step Hand Drills-(Advanced Drills)

Drill#1-Lead hand Kizami Tsuki/ rear hand Gyaku tsuki,/ rear hand Haito
Drill#2-Lead hand Kizami Tsuki/ rear hand Gyaku tsuki/ rear hand Uraken
Drill#3-Lead hand Kizami Tsuki/ rear hand Gyaku tsuki/ lead hand Shita Tsuki
Drill#4-Lead hand Kizami Tsuki/ rear hand Gyaku tsuki/ lead hand Haito
Drill#5-Feint lead hand Kizami Tsuki/lead hand Haito/ rear hand Gyaku tsuki/ lead hand Haito
Drill#6-Feint lead hand Kizami Tsuki/lead hand Haito/ rear hand Gyaku tsuki /lead hand Uraken
Drill#7-Feint lead hand Kizami Tsuki/lead hand Haito/ rear hand Gyaku tsuki/ lead hand Shita Tsuki
Drill#8-Feint lead hand Kizami Tsuki/lead hand Haito/ rear hand Gyaku tsuki/ lead hand Kizami Tsuki
Drill#9-#16-Substitute lead hand to Uraken, then follow steps #1-#8.
Drill#17-#20- Substitute lead hand to Haito, then follow steps #1-#4
Drill#21-#24- Substitute lead hand feint to Haito, then follow steps #5-#8

-You may further multiply these combinations by substituting for the second hand technique, the third hand technique, or by starting with the back hand first. Point out to students that these are training exercises and not every drill will suit them. Students are to pick combinations that work best for their style and ability level.

Single Kick Drills:

<u>Lead Leg Kick Drills</u>
Drill#1-mae geri
Drill#2-mawashi geri
Drill#3-kake geri
Drill#4-yoko geri
Drill#5-uchi mawashi

<u>Rear Leg Kick Drills</u>
Drill#1-mae geri
Drill#2-mawashi geri
Drill#3-kake geri
Drill#4-yoko geri
Drill#5-ushiro geri (w/Spin)
Drill#6-uchi mawashi
Drill#7-soto mawashi
Drill#8-uchiro mawashi geri

Two Kick Drills:

<i>Double kicks from Lead leg</i>
Drill#1- mae geri-mawashi geri
Drill#2- mae geri-kake geri
Drill#3- mae geri-yoko geri
Drill#4- mae geri-uchi mawashi
Drill#5- double mawashi geri
Drill#6- mawashi geri-kake geri
Drill#7- mawashi geri-yoko geri
Drill#8- mawashi geri- uchi mawashi
Drill#9- kake geri-mawashi geri
Drill#10-kake geri-yoko geri
Drill#11-kake geri- kake geri
Drill#12-kake geri-uchi mawashi
Drill#13-yoko geri- mawashi geri
Drill#14-yoko geri-yoko geri
Drill#15-yoko geri-kake geri
Drill#16-uchi mawashi-mae geri
Drill#17-uchi mawashi-mawashi geri
Drill#18-uchi then soto mawashi geri

<i>Double kicks from Rear leg</i>
Drill#1- mae geri-mawashi geri
Drill#2- mae geri-kake geri
Drill#3- mae geri-yoko geri
Drill#4-Mawashi geri-mae geri
Drill#5- double mawashi geri
Drill#6- mawashi geri-kake geri
Drill#7- mawashi geri-yoko geri
Drill#8- kake geri-mawashi geri
Drill#9-kake geri-yoko geri
Drill#10-kake geri- kake geri
Drill#11-yoko geri-uchi mawashi
Drill#12-yoko geri- mawashi geri
Drill#13-yoko geri-yoko geri
Drill#14-yoko geri-kake geri
Drill#15-uchi mawashi-soto mawashi
Drill#16-uchi mawashi-mawashi geri
Drill#17-Soto mawashi-kake geri
Drill#18-Soto mawashi-yoko geri

Lead & Rear Leg Kick Drills

Drill#1-lead leg mae geri/rear leg mae geri
Drill#2-lead leg mae geri/rear leg mawashi geri
Drill#3-# 7-lead leg mae geri / Sustitute kicks from rear leg kick drill #'s 3-7.
Drill#8-#15-lead leg mawashi geri / Sustitute kicks from rear leg kick drill #'s 1-7.
Drill#16-#23-lead leg kake geri / Sustitute kicks from rear leg kick drill #'s 1-7.
Drill#17-#24-lead leg yoko geri / Sustitute kicks from rear leg kick drill #'s 1-7.
Drill#25-#32-lead leg uchi mawashi geri / Sustitute kicks from rear leg kick drill #'s 1-7.

Three kick Drills:

- a) Two kicks off of lead leg followed by one kick from back leg
- b) One kick off of lead leg followed by two kicks from back leg
- c) Lead leg kick (Left foot), followed by back leg kick (Right foot), and followed by back leg kick. (Left Foot).
- d) Lead leg kick (Left foot), followed by back leg kick (Right foot), and followed by back leg spin kick. (Left Foot).
- e) Make up your own. The combinations are almost limitless when you add all the variations such as spins and footwork.

Variations for Kick Drills-

- a) Lift up the lead leg and kick, while simultaneously hopping forward on rear leg
- b) Lift up the back knee and bring it forward to kick while hopping forward on the lead leg
- c) Hop to the left while simultaneously chambering and kicking with the right leg
- d) Hop to the right while simultaneously chambering and kicking with the left leg
- e) Hop to all the different positions of the *Eight Direction Angular Movement Drill* and kick.
- f) *Ashi-Sabaki*—then add kick drills. Ex. *Kosa step*, then kick

<i>Hand & Kick Drills</i>
Drill#1- Lead hand technique/ followed by lead leg technique
Drill#2- Lead hand technique/ followed by rear leg technique
Drill#3- Lead hand/ rear hand, followed by lead leg
Drill#4- Lead hand/ rear hand, followed by rear leg
Drill#5- Lead hand technique/ followed by lead leg technique/ finish with hand technique
Drill#6- Lead hand technique/ followed by rear leg technique/ finish with hand technique
Drill#7- Lead leg kick/ followed by lead hand technique
Drill#8- Lead leg kick/ followed by rear hand technique
Drill#9- Rear hand technique/ followed by lead leg technique
Drill#10- Rear hand technique/ followed by Rear leg technique
Drill#11- Rear hand/ lead hand, followed by lead leg
Drill#12- Rear hand/ lead hand, followed by rear leg
Drill#13- Double kick off of lead leg, followed by lead hand
Drill#14- Double kick off of lead leg, followed by rear hand
Drill#15- Double kick off of lead leg, followed by lead hand, then rear hand
Drill#16- Double kick off of lead leg, followed by rear hand, then lead hand
Drill#17- Repeat drills #1-16, but add an angular movement after the initial lead off technique(s).
Drill#18- Repeat drills #1-16, but begin the exercise with angular movement

-The Hand and Kick Drills may be practiced in a mirror/ with a partner holding focus pads/ with a stationary partner/ with a retreating partner/ or with an attacking partner.

-The Hand and Kick Drills may be used to practice offense or defense.